

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	5:45AM-6:30AM <b>SPINNING</b> JESSICA		5:45AM-6:30AM <b>SPINNING</b> MARCIA			
6:00PM-7:00PM <b>SPINNING</b> MARCIA	6:00PM-6:30PM <b>ARM-BELIEVABLE</b> LUCINDA	6:00PM-7:00PM <b>SPINNING</b> MARCIA	6:00PM-6:30PM <b>OMGlutes!</b> LUCINDA	6:00PM-7:00PM <b>TABATA</b> KRISTIN	9:00AM-10:00AM <b>YOGA</b> LISA	9:00AM-10:00AM <b>SPINNING</b> RICARDO
6:00PM-6:30PM <b>SWIFT KICK</b> KRISTIN S	6:30PM-7:00PM <b>AWESOME ABS</b> LUCINDA	6:00PM-6:30PM <b>SWIFT KICK</b> KRISTIN S	6:00PM-6:30PM <b>EXPRESS SPINNING</b> MARCIA		9:00AM-10:00AM <b>SPINNING</b> MARCIA	10:00AM-11:00AM <b>TOTAL BODY CONDITIONING</b> RICARDO
6:30PM-7:00PM <b>BODY SCULPT &amp; ABS</b> KRISTIN S		6:30PM-7:00PM <b>BODY SCULPT &amp; ABS</b> KRISTIN S	6:30PM-7:00PM <b>AWESOME ABS</b> MARCIA		10:00AM-11:00AM <b>BOOT CAMP</b> MARCIA	
7:00PM-8:00PM <b>RUGGED BOOT CAMP</b> MARCIA		7:00PM-8:00PM <b>CIRCUIT INSANITY</b> MARCIA	7:00PM-8:00PM <b>ZUMBA</b> MARCIA		11:00AM-12:00PM <b>ZUMBA</b> MARCIA	

**TEMPORARY INSTRUCTOR**

**NEW CLASS/INSTRUCTOR**

Class schedule may change without prior notice

**Fit for Life Fitness Center Hours**

Monday – Friday 5am -11pm  
 Saturday 7am - 6pm  
 Sunday 8am - 6pm  
**Childcare Hours**  
 Monday-Friday 5pm-8pm  
 Saturday 9am-12pm